

Novel Coronavirus (COVID-19)

Los Angeles County Department of Public Health Individuals with HIV

The Los Angeles County Department of Public Health (Public Health) is asking for your assistance to help slow the spread of the disease caused by the novel (new) coronavirus (COVID-19) in Los Angeles County. Public Health would like to provide you with some general information about COVID-19, as well as specific measures you should take to help prevent the spread of COVID-19 infection.

Public Health is recommending that people at high risk for COVID-19, defined as older adults, pregnant women and those with underlying medical conditions (such as heart disease, diabetes, kidney disease lung disease, or people with weakened immune systems) stay home as much as possible.

There is no evidence so far to confirm whether people with HIV are at greater risk of getting infected with COVID-19 or developing severe disease from the infection. Individuals with unsuppressed viral loads and with lower CD4 status, particularly under 350 cell/ml, may be considered at higher risk.

Public Health recommends that individuals at higher risk for serious illness from COVID-19 take the following actions to reduce their risk of getting sick with the disease:

- Avoid close contact with people who are sick
- Take everyday preventive actions:
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or using the restroom.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, and handrails
 - Wash your hands after touching surfaces in public places.
 - Avoid touching objects or surfaces, then touching your mouth, nose, or eyes before washing your hands
 - Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
 - Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
 - Avoid cruise travel and non-essential air travel
 - Continue to take your regularly prescribed medication.
 - Make sure you're up to date with your influenza and pneumococcal vaccinations.
- **Since we are currently experiencing a COVID-19 outbreak in LA County, we recommend you stay home** as much as possible to further reduce your risk of being exposed and practice significant social distancing when you are out of your home and at work (remaining 6 ft. apart from others as much as possible).
- **Contact your healthcare provider to ask about obtaining extra necessary medications** to have on hand in case you need to stay home for a prolonged period of time.

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Resources:

Los Angeles County Department of Public Health: Check our website for the accurate information and resources (including guidance documents for particular settings (e.g., schools, clinics, venues), FAQs, and tips for coping): <http://ph.lacounty.gov/media/Coronavirus/#>

Centers for Disease Control and Prevention “People at Risk for Serious Illness from COVID-19”
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

